



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09257, Pears, canned, heavy syrup pack, solids and liquids

Report Date: June 30, 2017 20:07 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 266g	1 half, with liquid 76g
Proximates						
Water	g	80.35	207	0.059	213.73	61.07
Energy	kcal	74	--	--	197	56
Energy	kJ	310	--	--	825	236
Protein	g	0.20	143	0.002	0.53	0.15
Total lipid (fat)	g	0.13	90	0.009	0.35	0.10
Ash	g	0.15	102	0.004	0.40	0.11
Carbohydrate, by difference	g	19.17	--	--	50.99	14.57
Fiber, total dietary	g	1.6	--	--	4.3	1.2
Sugars, total ¹	g	15.20	1	--	40.43	11.55
Sucrose ¹	g	1.40	1	--	3.72	1.06
Glucose (dextrose) ¹	g	6.10	1	--	16.23	4.64
Fructose ¹	g	5.90	1	--	15.69	4.48
Maltose ¹	g	1.90	1	--	5.05	1.44
Minerals						
Calcium, Ca	mg	5	100	0.095	13	4
Iron, Fe	mg	0.22	105	0.008	0.59	0.17
Magnesium, Mg	mg	4	84	0.059	11	3
Phosphorus, P	mg	7	102	0.096	19	5
Potassium, K	mg	65	63	2.119	173	49
Sodium, Na	mg	5	83	0.169	13	4
Zinc, Zn	mg	0.08	56	0.008	0.21	0.06
Copper, Cu	mg	0.049	56	0.002	0.130	0.037

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 266g	1 half, with liquid 76g
Manganese, Mn	mg	0.032	--	--	0.085	0.024
Selenium, Se	µg	0.0	--	--	0.0	0.0
Fluoride, F ^{2 3 4}	µg	7.5	20	1.295	19.9	5.7
Vitamins						
Vitamin C, total ascorbic acid	mg	1.1	181	0.049	2.9	0.8
Thiamin	mg	0.010	97	0.000	0.027	0.008
Riboflavin	mg	0.022	109	0.001	0.059	0.017
Niacin	mg	0.242	90	0.013	0.644	0.184
Pantothenic acid	mg	0.022	--	--	0.059	0.017
Vitamin B-6	mg	0.014	--	--	0.037	0.011
Folate, total	µg	1	3	0.273	3	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	3	0.273	3	1
Folate, DFE	µg	1	--	--	3	1
Choline, total ⁵	mg	1.9	--	--	5.1	1.4
Betaine ⁵	mg	0.3	1	--	0.8	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	26	0.000	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	26	0.000	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	34	--	--	90	26
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.21	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ^{6 7}	µg	0.3	2	--	0.8	0.2
Lipids						
Fatty acids, total saturated	g	0.007	--	--	0.019	0.005

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 266g	1 half, with liquid 76g
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.006	--	--	0.016	0.005
18:0	g	0.001	--	--	0.003	0.001
Fatty acids, total monounsaturated	g	0.027	--	--	0.072	0.021
16:1 undifferentiated	g	0.001	--	--	0.003	0.001
18:1 undifferentiated	g	0.026	--	--	0.069	0.020
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.080	0.023
18:2 undifferentiated	g	0.030	--	--	0.080	0.023
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.005	--	--	0.013	0.004
Isoleucine	g	0.006	--	--	0.016	0.005
Leucine	g	0.010	--	--	0.027	0.008
Lysine	g	0.007	--	--	0.019	0.005
Methionine	g	0.002	--	--	0.005	0.002
Cystine	g	0.002	--	--	0.005	0.002
Phenylalanine	g	0.005	--	--	0.013	0.004
Tyrosine	g	0.002	--	--	0.005	0.002
Valine	g	0.007	--	--	0.019	0.005

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 266g	1 half, with liquid 76g
Arginine	g	0.003	--	--	0.008	0.002
Histidine	g	0.002	--	--	0.005	0.002
Alanine	g	0.007	--	--	0.019	0.005
Aspartic acid	g	0.039	--	--	0.104	0.030
Glutamic acid	g	0.014	--	--	0.037	0.011
Glycine	g	0.006	--	--	0.016	0.005
Proline	g	0.005	--	--	0.013	0.004
Serine	g	0.007	--	--	0.019	0.005
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹J.A. Dudek **Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pears**, 1985 Journal of Food Science 50 pp.851-852

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³Stephen Adair, Dennis Leverett, Carol Shields **Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community**, 1991 Journal of Food Composition and Analysis 4 pp.216-226

⁴Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion

⁵Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

⁶S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

⁷G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597